Think Teeth

Keep up good dental habits at every age.

You can help your child prevent cavities! Here's how:

• Get regular dental check-ups, starting at age 1.
  Ask about dental sealants that prevent tooth decay.

• Brush twice a day for 2 minutes using fluoride toothpaste.

• Limit foods and drinks with sugar.

Your child could be eligible for dental care through Medicaid and CHIP. Services include teeth cleanings, check-ups, x-rays, fluoride, dental sealants and fillings.

To enroll your child, call **1-800-318-2596** (TTY: 1-855-889-4325) or visit **HealthCare.gov**. To find a dentist, use the Dentist Locator on **InsureKidsNow.gov**.

NOTES:

HealthCare.gov